

Reversing Type 2 Diabetes & Insulin Resistance:

<https://www.youtube.com/watch?v=da1vvigy5tQ&feature=share>

Supplement options:
Berberine

Prescription options:
Metformin

Anti-Diabetic medication

It can treat type 2 diabetes.

Brands: Glumetza, Glucophage, Fortamet, Riomet, and Glucophage XR

Availability: Prescription needed

Pregnancy: No known risks

Alcohol: Interactions can occur

Drug class: Diabetes medication

Websites with low-carb options:

Great Low Carb Bread Co

Bread, soft pretzels, bagels, pizza crust and much more

<http://www.greatlowcarb.com/>

Julian Bakery

Pasta, granola, pancake and waffle mix and much more

julianbakery.com

Thrive Market

Good 20% off your first three orders. Refer friend and receive \$25

Zero carb pasta, miracle pasta, zero carb rice and much more

<https://thrivemarket.com/p/miracle-noodle-organic-shirataki-spaghetti>

“Chompies” – Lo Carb U

You can purchase three delicious low carb high protein bread's (sesame, multi grain, cinnamon raisin) and protein bagel/bars here at Chompies. I'm not sure if you can get them all on the website but you can go in the local Arizona stores and purchase all of those items.

http://locarbu.com/?post_type=product&s=chompies&filtering=1&filter_product_brand=95&gclid=CjwKCAjw06LZBRBNEiwA2vgMVfp86_kdAAvLJVTLe7w-bJxcP_JDCDLvuqyeRYXwltxzQ8QnmHqe2xoC6rIQAvD_BwE

LuckyVitamin.com

For delicious low carb (4 carbs per serving!!) pasta spaghetti see the link below:

<https://m.luckyvitamin.com/p-2660879-better-than-foods-pasta-spaghetti-organic-konnyaku-flour-and-organic-oat-fiber-14-oz>

Yummy Low carb frozen custard dessert:

<https://lowcarbyum.com/egg-fast-vanilla-frozen-custard-ice-cream/>

Reversing Type 2 diabetes

<https://medium.com/@drjasonfung/towards-reversing-type-2-diabetes-9f693f964f90>

Intermittent Fasting to put Insulin resistance in your past

<https://asweetlife.org/the-diabetes-code-by-dr-jason-fung-treating-type-2-diabetes-naturally/>

How to reverse type 2 diabetes, the QuickStart guide

<https://idmprogram.com/reverse-type-2-diabetes-the-quick-start-guide/>

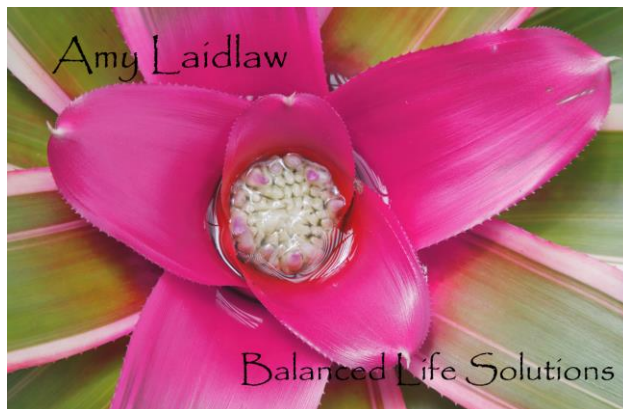
Read this book:

The Diabetes Code by Dr. Jason Fung: Treating Type 2 Diabetes Naturally

Purchase with link below:

https://www.amazon.com/Diabetes-Code-Prevent-Reverse-Naturally-ebook/dp/B0795BLS8D/ref=sr_1_1?ie=UTF8&qid=1533692999&sr=8-1&keywords=the+diabetic+code

Thanks, Amy Laidlaw ~ Balanced Life Solutions 💖 ✨ 💖
Blessings & Abundance



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